

Oppressive Heat and Humidity Thursday Through Saturday



New York, NY
WEATHER FORECAST OFFICE

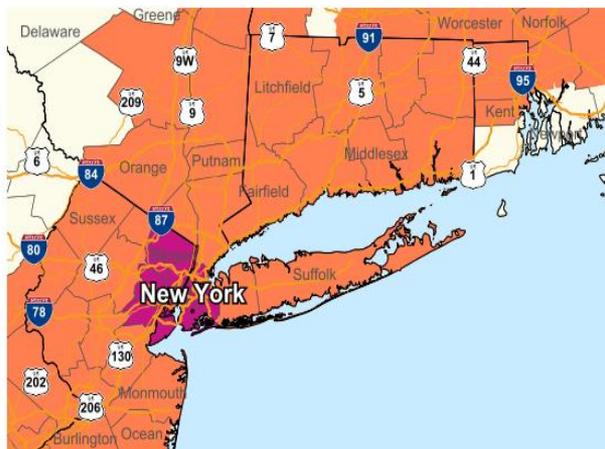
OVERVIEW

- Oppressive heat and humidity will build into the area Thursday thru Saturday. Excessive Heat Warnings are now in effect for parts of the area, with Heat Advisories elsewhere.
- Scattered strong to severe thunderstorms are possible Thursday afternoon and evening.



Excessive Heat

- Excessive Heat Warning
- Heat Advisory
- Excessive Heat Watch



Graphic Created
July 26th, 2023
5:44 PM EDT

HAZARDS & IMPACTS

- **Max Heat Index –**
 - **Thursday and Friday –** Widespread 103 to 108F expected across most of NE NJ and NYC. Upper 90s to 104F, locally 105F elsewhere.
 - **Saturday –** Widespread 95 to 100F likely across NE NJ, the NYC metro area, Long Island, and most of southern CT.
 - Low temperatures will range mostly from 75 to 80, with lower 70s in the far outlying suburbs. Coupled with elevated humidity this will make for uncomfortable conditions at night, especially in NYC/NE NJ.
- **Timing –** Max heat index between 12 noon and 8 PM each day.
- **Heat Impacts –** Extreme heat and humidity will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities. Elevated ozone levels

NWS ALERTS

- **Excessive Heat Warning for Thu/Fri for NYC and most of NE NJ.**
- **Heat Advisory elsewhere Thu/Fri. There is potential some areas may be upgraded to excessive heat warnings.**

POST-EVENT OUTLOOK

- A cold frontal passage will bring relief for Sunday.

NEXT BRIEFING

- By 6am Thursday.

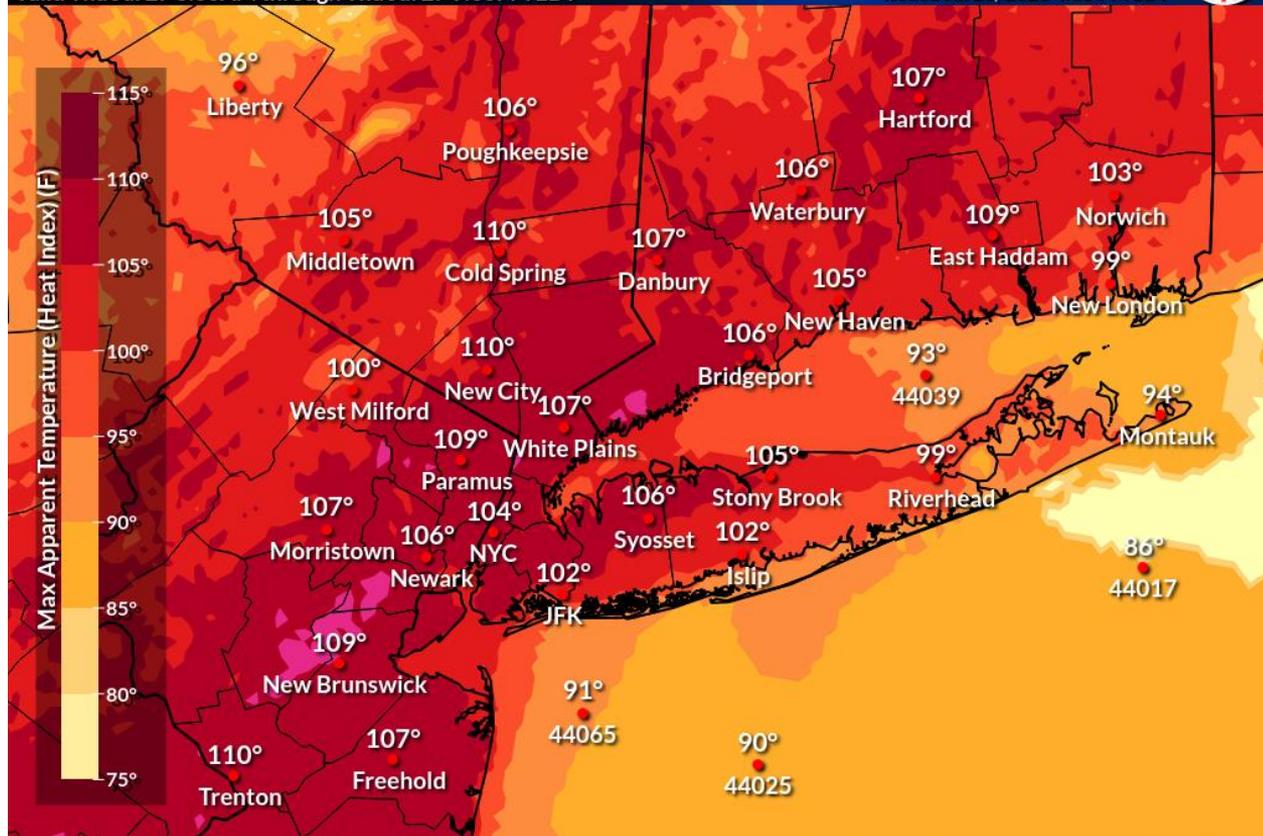


Weather Forecast Office
New York, NY

Issued Jul 26, 2023 4:30 PM EDT

Thursday's Heat Index

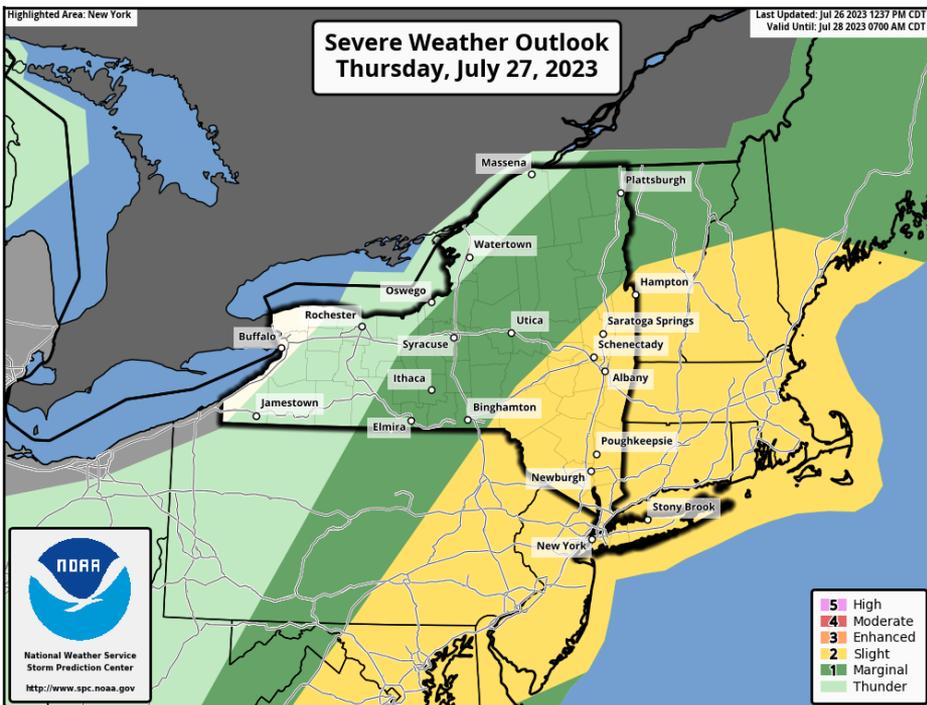
Valid Thu Jul 27 8:00AM through Thu Jul 27 9:00PM EDT



Severe/Flash Flood Threat for Thursday



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- **Hazard:** Scattered strong to severe thunderstorms are possible late Thursday afternoon into the evening across the Lower Hudson Valley, NYC, NE NJ, southern CT, and western Long Island.
- **Impacts:**
 - Damaging Wind: Wind gusts of 58 to 70 mph could damage trees and power lines and result in scattered power outages.
 - Large Hail: 1 inch hail could result in minor damage to motor vehicles.
 - Low risk for a brief tornado across the Lower Hudson Valley and CT.
 - Localized flash flood threat if multiple storm move over the same area, with rainfall rates of 1 to 2"/hr
- **Timing:** 2pm to 8pm Thursday from west to east.

Understanding Severe Thunderstorm Outlook Categories

LEVEL	CATEGORY	DETAILS	SUMMARY	How many severe storms are possible?	How bad could the worst storms be?	DEFINITIONS
	General Thunderstorm	Although severe weather is not expected, all thunderstorms can produce deadly lightning, gusty winds, and small hail.	No severe thunderstorms expected	None Numerous	Similar to storms your area experiences many times per year	Severe Storm Any storm that contains at least one of the following: Wind gusts of at least 58 mph Hail at least one inch in diameter Tornado
1	Marginal (MRGL)	Some storms could be capable of damaging winds and severe hail. Localized tornado threat could develop.	Isolated severe storms possible	None Numerous	Similar to storms your area may experience several times per year	
2	Slight (SLGT)	Increased confidence that some storms will contain damaging winds, severe hail, and/or tornado potential. <i>A few severe storms could be significant.</i>	Isolated to scattered severe storms expected	None Numerous	Similar to storms your area may experience a few times per year	
3	Enhanced (ENH)	High confidence that several storms will contain damaging winds, severe hail, and/or tornadoes. <i>Several severe storms could be significant.</i>	Scattered to numerous severe storms expected	None Numerous	Similar to intense storms your area may only experience once or twice per year	Significant Severe Any of the following hazards: Wind gusts of at least 75 mph Hail at least two inches in diameter Tornado of at least EF-2 rating
4	Moderate (MDT)	High confidence that many storms will contain damaging winds, severe hail, and/or tornadoes. <i>Several severe storms likely to be significant.</i>	Scattered to numerous severe storms expected	None Numerous	Similar to intense storms your area may only experience once per year or less	
5	High (HIGH)	High confidence that an outbreak of storms will contain tornadoes, damaging winds, and/or severe hail. <i>Tornado outbreak and/or widespread damaging winds</i>	Numerous severe storms expected	None Numerous	Very intense storms your area may only experience once or twice in a lifetime	

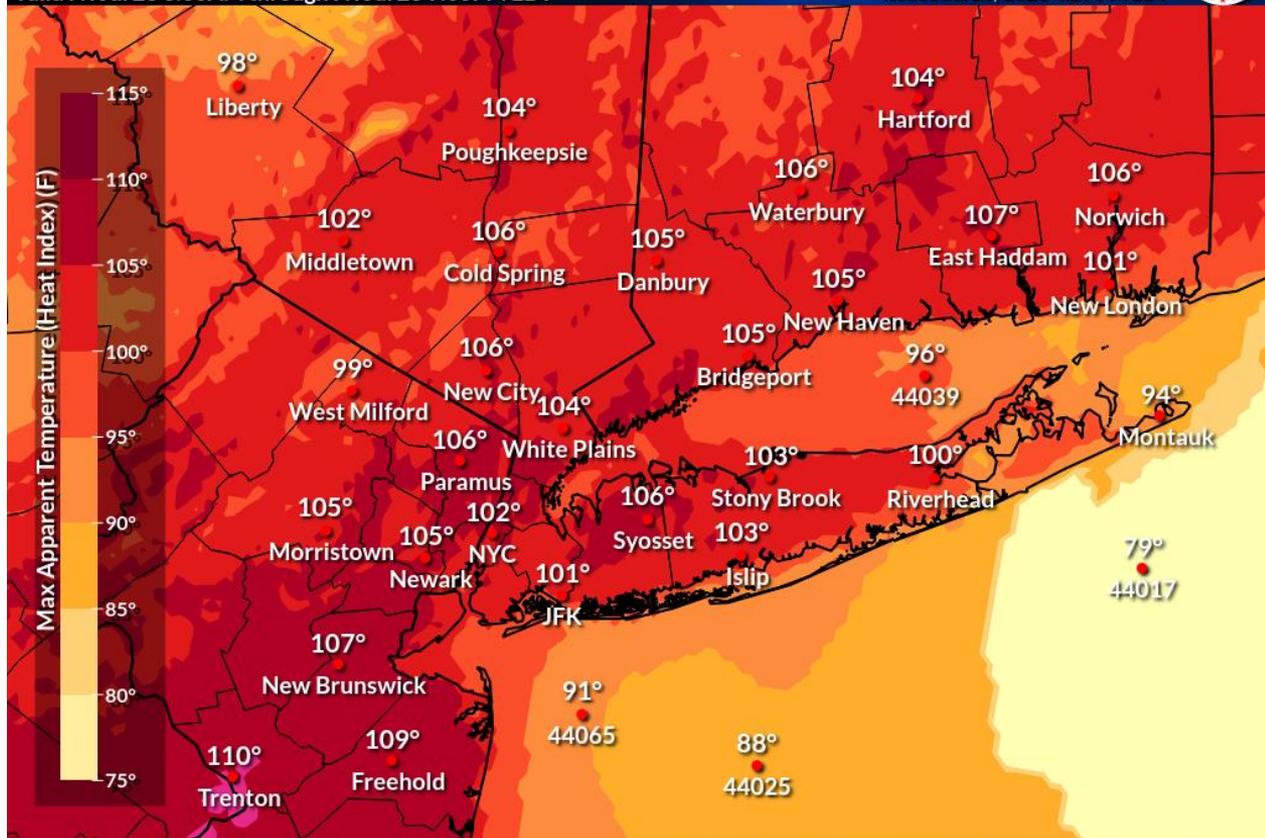


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New York, NY

Issued Jul 26, 2023 4:29 PM EDT

Friday's Heat Index

Valid Fri Jul 28 8:00AM through Fri Jul 28 9:00PM EDT



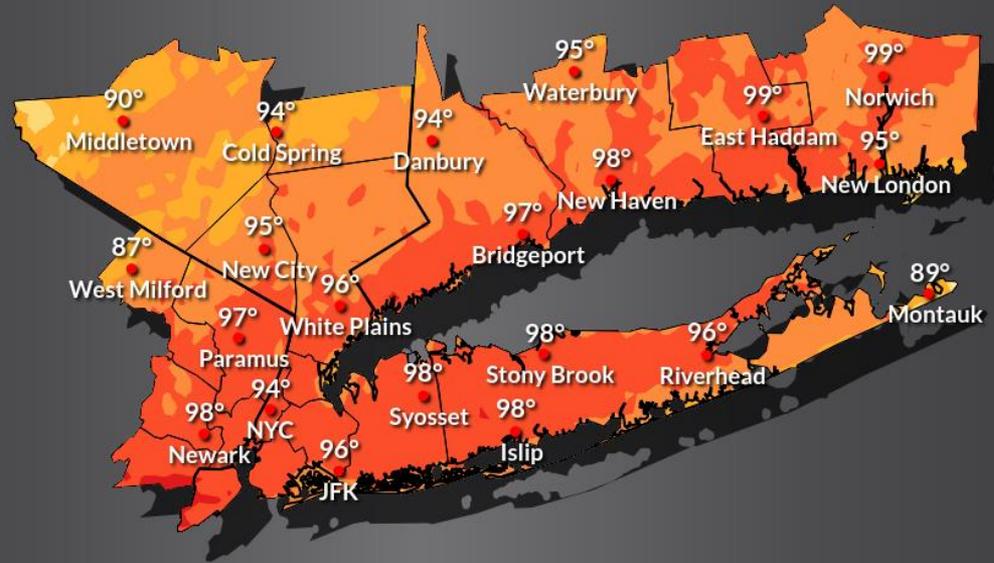


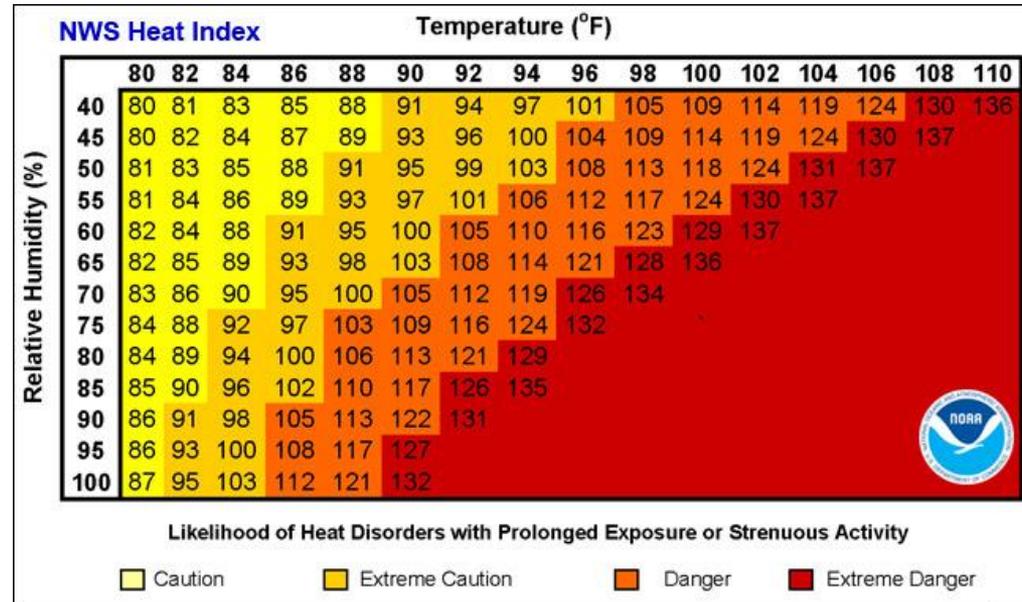
Saturday's Heat Index

Valid Sat Jul 29 8:00AM through Sat Jul 29 9:00PM EDT

Weather Forecast Office
New York, NY

Issued Jul 26, 2023 4:33 PM EDT





The heat index is a measure of how hot it really feels when relative humidity is factored in with air temperature. You can use this chart to find the heat index yourself. For more information on Heat Safety, please go to: <https://www.weather.gov/safety/heat>

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely



Heat Impacts: Vulnerable Populations



PREGNANT



NEWBORNS



CHILDREN



ELDERLY



CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



NEVER leave anyone alone in a closed car



Use air conditioners and stay in the shade



Drink plenty of water, even if not thirsty



Wear loose-fitting, light-colored clothing

weather.gov



https://www.weather.gov/wrn/heat_infographics



Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.
Protect yourself and others from the
impacts of heat waves.



Job Sites

Stay hydrated and
take breaks in the shade
as often as possible



Indoors

Check up on the
elderly, sick and those
without AC



Vehicles

Never leave kids or
pets unattended -
LOOK before you LOCK



Outdoors

Limit strenuous outdoor
activities, find shade,
and stay hydrated



[weather.gov/heat](https://www.weather.gov/heat)

https://www.weather.gov/wrn/heat_infographics